

## Treatment & Rehabilitation

Program Management is responsible to ensure a safe and therapeutic environment through the appropriate management of resources and to ensure the provision of dispositionally-relevant, quality treatment specific to their patient population and program focus.

Programs are designed to meet the Biopsychosocial (BPSR) needs of patients. BPSR is defined at Atascadero State Hospital as a system-wide collaborative approach to the treatment of the persistently mentally ill which combines medical and psychiatric interventions with the development of the cognitive, social, and functional skills required for the patient to overcome barriers to discharge and to make a successful return to the Community. BPSR is growth-oriented and normalizing. It necessitates the patient's participation in the treatment planning process and emphasizes his strengths over his limitations. Family support is also important to the patient's recovery, and families are encouraged to participate in the treatment planning process.

Each patient is directed toward the common goals of recovery and health, adaptive behavior and coping skills, self-esteem and independence, and progressive elimination of maladaptive behaviors that impede his discharge from hospitalization. These goals are based on the general assumption that positive health is related to one's ability to care for oneself, to form mutually beneficial relationships, to participate in constructive activities for fun and pleasure, and to contribute to the welfare of others.

The residential treatment programs, in conjunction with the CORE Program, provide a variety of individual, small-group, and unit-wide skills training and rehabilitative activities. These activities are prescribed by the Interdisciplinary Treatment Team according to the patient's identified needs, particularly as they relate to the expecting discharge setting. When indicated, individual psychotherapy, vocational training, and educational training are also provided.

## Treatment Programs and Clinical Services

Atascadero State Hospital provides interdisciplinary services designed for Acute Psychiatric Services and Intermediate Care Services.

**Clinical Treatment Programs:** The majority of clinical services are provided by members of the unit Interdisciplinary Team (ID Team) where the patient resides. Each treatment unit is part of an overall program design. The Program Director operates in a manner similar to an administrator of a small psychiatric hospital. Patients are placed on a given unit according to their commitment type, their expected post-hospital disposition, and their special needs. Patient treatment is planned and delivered using an ID Team approach that incorporates the coordinated efforts of each of the following services: medicine, psychiatry, psychology, social work, rehabilitation therapy, nursing, pharmacy and dietetics.

### **PROGRAM I**

1. **Population Served** Program I serves: all patients admitted to the hospital at the time of their admission; patients who require acute infirmary care, or urgent care; patients who require community-based medical care; and patients who have been found Incompetent to Stand Trial (PC 1370), and patients who are committed as Mentally Disordered Offenders.
2. **Patient Needs Served & Services Provided** Program I receives, evaluates, and orients newly admitted patients to the mental health system. This process includes a range of interdisciplinary assessments and screenings, including but not limited to medical, psychiatric, forensic (legal), nursing, emotional, behavioral, social, rehabilitation, nutritional, violence potential, psychopathy, neurological, vocational, dispositional, and security risk. Patients identified as inappropriate for admission, as resources permit, are retained on Units 106 or 112 pending discharge to a more appropriate setting. The program also coordinates and tracks the flow of patients into and out of the hospital.

Program I provides the Trial Competency Project on unit 8 which prepares PC 1370 patients with the knowledge and skills necessary to return to court as competent to understand and cooperate with the court proceedings.

Mentally Disordered Offender services are provided on Units 8 and 13. Groups designed to teach skills related to successful placement in the Conditional Release Program are provided.

### **THE MENTALLY DISORDERED OFFENDERS PROGRAMS** **PROGRAMS II & VI**

1. **Population Served** -- Programs II and VI primarily serve the Mentally Disordered Offender (PC 2962, 2964, and 2970). It is anticipated that most of these patients will be released through the Conditional Release Program.
2. **Patient Needs Served & Services Provided** -- Mentally Disordered Offender (MDO) patients lack information about medication and symptom management. A significant history of substance abuse is also present in most of these patients. Groups designed to communicate relevant, specific information and teach skills related to successful adaptation to the expected Conditional Release Program placement are primary modes of treatment.

### **THE MENTALLY ILL PRISONER PROGRAMS** **PROGRAMS III & V**

1. **Population Served** -- Programs III & V treat mentally ill inmates from the California Department of Corrections under the 2684 Penal Code per the Memorandum of Understanding between the Departments of Corrections and Mental Health. Patients from these programs will be either paroled, returned to the Department of Corrections, or continue hospitalization as a Mentally Disordered Offender or under a civil commitment.

Certain units house and provide treatment for patients found Not Guilty by Reason of Insanity under section 1026 of the Penal Code.

Program III also provides forensic mental health treatment for patients being held as potential Sexually Violent Predators (SVPs) under section 6600 of the Welfare and Institution Code.

Program V provides mental health treatment for patients who have been certified as Mentally Disordered Offenders (MDO). MDOs are committed to ASH as a condition of their parole. Discharge disposition of these patients is to Conditional Release Programs (CONREP).

2. **Patient Needs Served & Services Provided** -- The majority of patients suffer from major mental illnesses such as thought

disorders, or affective disorders. In addition, patients often have other problems in the areas of personality disorders, substance abuse, and educational and vocational deficits. Many possess skills deficits relative to symptom and medication management, prevention of suicide, interpersonal skills, management of assaultive behavior, and life skills necessary for successful placement in the next dispositional setting.

## **PROGRAM VII**

1. **Population Served** – Program VII provides forensic mental health treatment for patients being held as potential Sexually Violent Predators and patients committed as Sexually Violent Predators, (SVP). The Program also provides treatment to the few Mentally Disordered Sex Offenders who remain in the hospital. The Program maintains the unit on which hearing impaired patients are treated, and currently houses a patient.

**Patient Needs Served & Services Provided** – Sexually Violent Predators have a diagnosable mental disorder. The Sexually Violent Predator units deliver treatment to reduce deviant sexual activity, increase empathy toward victims of sexual abuse, change distorted thoughts about sexuality, identify risks for re-offending and develop coping strategies to reduce those risks.

**Centralized Organization for Rehabilitation and Education Program (C.O.R.E.)** is a clinical treatment program providing specialized day and evening services upon direct referral from the ID team. Services include: Adult Basic Education, substance abuse services, community living skills, volunteer services, vocational instruction, multicultural services, library services, leisure and special events, religious services, and neuropsychological assessment and consultation.

## **CENTRAL ORGANIZATION FOR REHABILITATION AND EDUCATION (CORE)**

1. **Population Served** -- CORE is a clinical treatment program providing specialized day and evening services upon direct referral from the Interdisciplinary Teams, hospital-wide. CORE treatment services and resources are available to all patients.
2. **Patient Needs Served & Services Provided** -- CORE provides rehabilitative, educational, vocational, recreational, and evaluation services which include:

- ABE Grant Administration
- Healthy START Farms

- Arts Center
- Arts in Mental Health Program
- ASH Community Council
- Behavioral Intervention
- Cognitive Screening
- Community Living Skills Project
- Education Services
- Health and Wellness
- Volunteer Services
- Barber Shop
- Logan Library (patient and professional)
- Language and Cognitive Rehabilitation
- Leisure Referrals
- Multicultural Services
- Substance Abuse Service
- Special Events
- Vocational Services
- Vocational Instruction (upholstery, printing, landscape/gardening, & mill/cabinet)
- Gymnasium

**Central Medical Services** provides a central medical clinic, occupational health clinic, dental, radiology, clinical laboratory, public health, pharmacy, physical therapy, EEG/ECG, and audiology. Other specialized services are made available when needed by contractual arrangements with the nearby community hospitals and private practitioners.

### **CENTRAL MEDICAL SERVICES**

**Central Medical Services (CMS)** provides definitive medical care and evaluation to all patients in the hospital. These services include radiology, public health, laboratory, physical therapy, dentistry, pharmacy, medical clinics, unit sick call, contractual services inside and outside the hospital, and review of community-based consultations. Services are available to patients on referral from general physicians and psychiatrists who have primary responsibility for the care of patients on residential treatment units.

CMS clinically supervises occupational health services to employees.

**Forensic Services** provides program consultation and clinical supervision of forensic duties assigned to program staff. They provide a systematic review process for commitment recommendations (extensions, renewals, revocations, placements, etc.) Forensic Services also provides the courts and other agencies with necessary evaluation, information, and forensic testimony.